

8th U.S. Army's

March 2005

ROK Steady



It's Your Health

Staying Thin

Hospital Makeover

MEDEVAC Survival Training

Bridging the Gap

Healthy Mind

Chaplains Support



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See ROK Steady online at <http://8tharmy.korea.army.mil/PAO/Default.htm>



1st Battalion, 43rd Air Defense Artillery medics work together with South Korean Army medics to assist a simulated casualty during an exercise.
Photo by Sgt. Kim, Taek-hyun

Corrections:

The photo in the final frame was of a taxi driver who volunteers to direct traffic, not a South Korean police officer.

The Soldiers shown on page 18 demonstrating traffic control and military working dogs are not 14th MP detachment MPs.

ROK Steady

The only peninsula-wide magazine for the 8th U.S. Army Community



Spc. Daniel Love

A 17th Aviation Brigade Soldier receives a vaccination Jan. 10 for a possible deployment to Indonesia on a humanitarian aide mission.

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8th U.S. Army Commander
Lt. Gen. Charles C. Campbell

8th U.S. Army Public Affairs Officer
Lt. Col. Thomas E. Budzyna

Information Strategies Chief
Tanya J. Bradsher

Command Information Chief
Capt. Koné C. Faulkner

ROK Steady Staff

Editor
Spc. Daniel Love

Staff writer
Pfc. Michael Noggle

**Send submissions, letters
and suggestions to: 8th
Army PAO, ATTN: ROK
Steady, PSC 303 Box 42,
APO AP 96205-0010, or call
723-4827. Fax us at 723-3537
or e-mail information to:
ROKSTEADY@korea.army.mil
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Balancing our lives to fulfill our many obligations

By Lt. Gen. Charles C. Campbell
Commander, 8th U.S. Army

At the center of the Republic of Korea's flag is the *eum-yang* symbol, which expresses the dualism of the universe, the perfect harmony and balance among opposites and the constant movement within the sphere of infinity.

In the spirit of achieving balance the Army defines well being as the *personal state* of Soldiers, civilians and their families that contributes to their preparedness to perform the Army's mission.

Individuals are responsible for nurturing their own well-being, but the Army is responsible for creating and sustaining an environment that supports this endeavor. This issue of the ROK Steady is intended to raise your awareness of the resources and issues that concern your well being.

Well-being, or your *personal state*, includes these four dimensions:

- The **physical state** centers on one's health, one's sense of wellness and satisfying physical needs through a healthy lifestyle.
- The **material state** (sometimes called the environmental state)

centers on essential needs such as shelter, food and financial resources.

- The **mental state** centers on needs to learn, grow, achieve recognition and be accepted.
- The **spiritual state** centers on a person's religious/philosophical needs and may provide powerful support for values, morals, strength of character and endurance in difficult and dangerous circumstances.

When these four dimensions are working in harmony the individual experiences a sense of well-being and mission preparedness. Army Well-Being initiatives integrate policies, programs and issues into a framework that balances both individual aspirations and mission preparedness.

At the same time, Army Well-Being acknowledges a basic rule of Soldiering, namely that personal responsibilities and needs are

subordinated when duty calls. Soldiers and civilians must ensure that personal issues do not impair their ability to deploy and conduct the mission. Achieving a balance between the physical, material, mental and spiritual dimensions enables them to do this. And while our family members may never be called upon to directly perform the Army's warfighting mission, they are nevertheless the Army's greatest supporters and clearly affect what happens in the field.

Our well being impacts our preparedness to perform the Army's mission and is a responsibility of the entire chain of command. Weigh your four dimensions of well being and take action today to harmonize and balance your *personal state* with our obligation to be ready to fight tonight. Hooah!

Note: For more information, visit <http://www.hooah4health.com/> on the Internet.



Campbell



Maintaining health by making smart decisions

By Command Sgt. Maj. Troy J. Welch
Command Sergeant Major, 8th U.S. Army

This month's issue of the ROK Steady focuses on health. Our first commander in chief, Gen. George Washington said that the preservation of the Soldier's health should be the commander's first and greatest care.

Gen. Washington knew the importance of the well-being of the individual to overall Army readiness. Since that time Army readiness has continued to depend on individual Soldier readiness. Personal readiness is nothing more than maintaining good mental and physical health.

Hardly anything else matters without good health, so look out for your health by making wise health decisions. First of all, commit to fitness by maintaining a healthy diet and exercising schedule. It's almost impossible to be a professional Soldier without exercising. There are

many benefits to exercising besides passing your PT test. Other exercise payoffs include looking trim and fit, a healthier heart, stronger bones, better blood pressure, less stress and more energy. Exercise can even help you live longer. The Army and your loved ones want to keep you around, so make fitness routine.

Some practical steps you can take to preserve your health are to drink responsibly and quit smoking. Alcohol can cause people to take risks they wouldn't usually take. And cigarettes, as well as smokeless tobacco are known killers. When it comes to your health the one question to ask about nicotine and the poisons of smokeless tobacco is, is smoking worth it?

Good health depends on maintenance and good choices. Because so much rides on your good health, letting it ride is not an option.



Welch

Army expanding community healthcare program

By **Jamie Danesi**
FORSCOM News Services

FORT McPHERSON, Ga. (Army News Service Feb. 1, 2005)

The Army is expanding its program to provide medical care close to home for injured reserve-component Soldiers on active duty.

The Community-Based Health Care Organization currently has programs in Florida, Arkansas, Wisconsin, Massachusetts, and California, covering 23 states. In 2005, the Army plans to open six additional locations to bring CBHCO access to Soldiers in all 50 states and Puerto Rico.

CBHCOs are scheduled open in Alabama and Virginia this month, and one is scheduled to open in Utah in March. In addition, Alaska, Hawaii and Puerto Rico are authorized to run CBHCO-like operations from local garrisons and medical treatment facilities starting in February.

The CBHCO began as a means to relieve overcrowding at active Army installations due to a larger number of RC Soldiers needing medical care as a result of Operation Iraqi Freedom mobilization. Many activated RC Soldiers arrived at their mobilization stations needing medical care, said Col. Barbara Scherb, chief nurse and senior officer in charge for medical holdover operations at U.S. Army Forces Command. Most of the Soldiers entering the CBHCO program now are receiving treatment for injuries sustained following deployment, she said.

In April 2004, the Army opened the first of five CBHCOs to allow RC Soldiers who could be treated by medical professionals in their communities to return home. The CBHCOs can expand to treat up to 500 Soldiers if necessary. About 1,200 Soldiers are currently assigned to the five CBHCOs, Scherb said.

Allowing Soldiers to return to their communities assists them in making the transition from the deployment

environment back to the home environment.

"When they come back, one of the things we have discovered to be very important is to get the Soldiers reconnected with their family and friends and their home support system," Scherb said. "When active-component Soldiers come back from deployments, they return to the [mobilization] stations and they have family and friends at the [mobilization] stations...When RC Soldiers return to the [mobilization] stations, in most cases their family and friends are some place else. If we hold them at the [mobilization] station, that reunion and transition back to their family life is delayed. So by sending them out to the CBHCOs, they can begin the transition back to family life, the reunification with their family and friends while they're getting their medical care."

Only those Soldiers whose conditions can be well treated by civilian doctors in their communities can participate in the CBHCO program, Scherb said.

"Unless they can't find care, they just have no way to get to and from appointments on a daily basis, or if someone is undergoing some sort of UCMJ action, or they have a military-unique illness like Leishmaniasis—there aren't a lot of civilian physicians who are experienced in caring for Leishmaniasis—those Soldiers we would try to keep in the military direct-care system at the installations where they can get the most current treatment," Scherb said.

"Soldiers might also stay on a military installation if moving to the CBHCO would delay treatment or evaluation boards," Scherb said.

Currently, eligible RC Soldiers in need of ongoing medical treatment enter the CBHCO as soon as possible. Once they are settled at home, a care manager from the CBHCO helps them locate appropriate medical personnel, makes medical appointments, and ensures that the Soldiers receive all the care they need.

Each CBHCO is staffed by 31

Soldiers, most of whom are activated Army National Guard Soldiers from National Guard medical detachments; the personnel running the CBHCOs include a commander, a first sergeant, a physician, nurse case managers, a patient administration officer (who also serves as a physical evaluation board liaison officer), patient administration specialists, and other administrative personnel. This staffing allows the CBHCO to function like a micro-installation, Scherb said; the staff is able to handle most if not all of the Soldiers' personnel issues as well as managing the medical care.

Another service performed by the CBHCO is placing Soldiers who are able to work in a suitable work environment. While receiving medical care, the Soldiers also support the Army mission in offices near their homes. National Guard armories and Army recruiting stations are some of the places where Soldiers are working when they are not going to medical or therapy appointments.

The work aspect of the CBHCOs has proved to be "very therapeutic" for Soldier's mental health while they convalesce, Scherb said.

"We've now come to realize that having a job is important to the mental health of these Soldiers. Having to get up in the morning, be someplace, contribute to the Army, gives them the sense that they can work," Scherb said. "Some of these Soldiers will have physical limitations for life. It also helps them when they return to Reserve status, or they're separated and they're looking for a civilian job, they can tell their employer yes, I can work."

For more information, on the Community-Based Health Care Organization, contact your local reserve office.

Keeping your evolution in shape

By Ok Hee-suh

Health Promotion, 18th Medical Command

By now many people have undoubtedly heard that obesity has reached epidemic proportions in the United States. According to the Centers for Disease Control and Prevention, about two out of three adults are obese, and of children and adolescents aged 6–19 years, 15 percent are considered overweight.

In Korea, close to 100 U.S. servicemembers seek nutrition counseling every month at the 121st General Hospital because they exceeded their weight for height limit

weight management support groups and the overweight Soldiers' education classes, I have noticed that when Americans eat Korean dishes, most of them usually eat fried foods. Ramen noodles and sweet-and-sour pork are good examples of common foods that are high in fat and calories.

The question to ask yourself is this: when is someone considered obese?

People talk about weight for height, body fat percentage, and Body Mass Index. And then there are all those different tests - pinch test, tape test, immersion test, and the machines that use electrical sensors. How accurate are they?

Most of these tests require a

of the two methods as follows:

1. BMI = weight in pounds x 704.5 / (height in inches)².

For example, if someone is 150 pounds and 5 feet 6 inches, you calculate the BMI by first converting the height into inches (remembering that one foot is twelve inches), put the numbers in the formula, and finish the math. BMI = 150 x 704.5 / (66 x 66) = 105675 / 4356 = 24.26

2. BMI = weight in kilograms / (height in meters)².

For someone who is 70 kilograms and 180 centimeters, BMI = 70 / (1.8 x 1.8) = 70 / 3.24 = 21.6

The BMI score means the following: For scores below 18.5, you are underweight. Normal is 18.5 to 24.9. While overweight is 25.0 to 29.9 and obesity is 30.0 and above. Is your BMI within the normal range? If so, congratulations! Keep up the good work. Eat a variety of foods and stay physically active for at least thirty minutes every day.

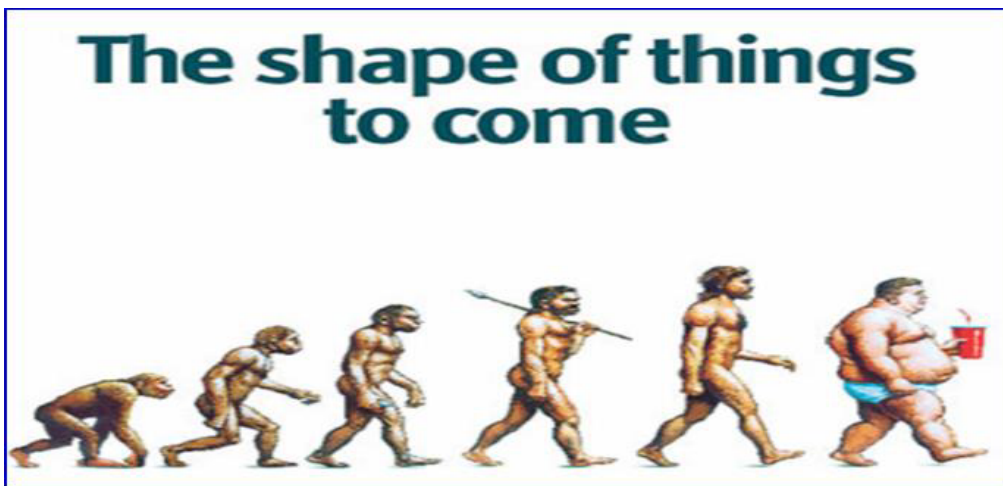
If your BMI is 25 or above, you are at increased risk for heart disease, high blood pressure, diabetes, arthritis-related disabilities, and some cancers. Seriously

consider and take action to lose some weight and improve your physical fitness.

Need a little extra help? Meet with health promotion staff in the main classroom of the Army Community Services Building, South Post, Yongsan. Assess your current weight, set your goals, and make a plan for a healthy and fit future.

For more information or to find out who is available in your Area, call 736-6693 or email to ok.suh@kor.amedd.army.mil. Start your New Year in the right direction!

Source: CDC, Nutrition Clinic and Pediatrics Clinic at the 121st General Hospital



or body fat percentage. Compared to other large U.S. Army installations, Korea has a high number of servicemembers attending the mandatory training. Among the children and adolescents seen at the Pediatrics clinic in the 121st GH during the last year, 16 percent were overweight, and an additional 18 percent were at risk for becoming overweight.

This does not sound right, does it? We hear Korean food is healthier than American food, and if we eat more Korean food, we should have less overweight problems. Why are we not?

Through talking to people in

trained professional to conduct them correctly. The most accurate measure is a cadaver test, but, by then, it is too late. One simple guideline that can be used is the BMI.

BMI is a reliable indicator of total body fat, which is related to the risk of disease and death. The score is valid for both adult men and women but it does have some limits. The limits are:

-It may overestimate body fat in athletes and others who have a muscular build.

-It may underestimate body fat in older persons and others who have lost muscle mass.

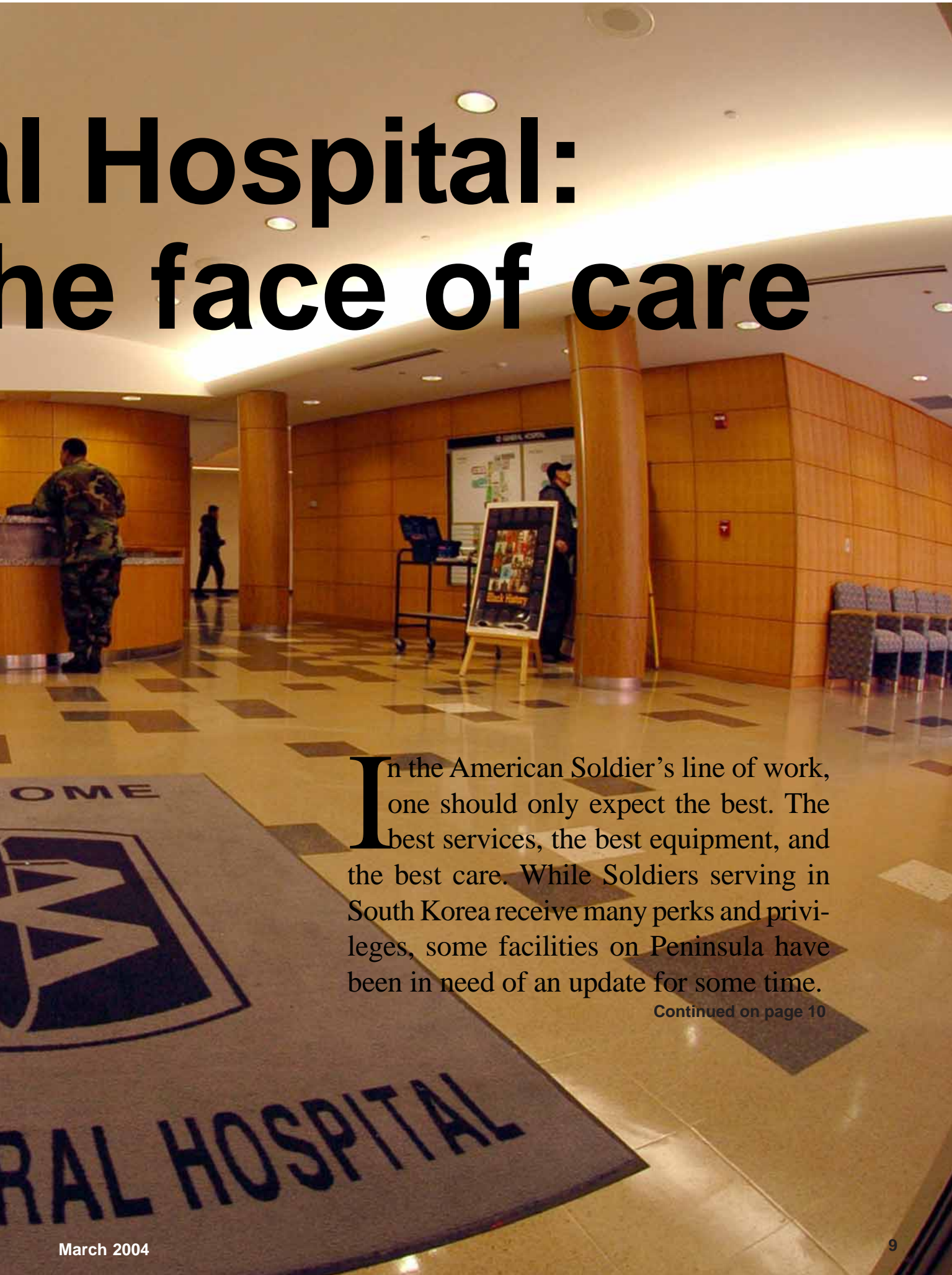
To estimate BMI, use either one

121st General Changing the

Story and Photos by
Spc. Daniel Love
Editor

Soldiers man the newly opened reception area of 121st General Hospital. Photo by Spc. Daniel Love

al Hospital: he face of care



In the American Soldier's line of work, one should only expect the best. The best services, the best equipment, and the best care. While Soldiers serving in South Korea receive many perks and privileges, some facilities on Peninsula have been in need of an update for some time.

Continued on page 10



In addition to looking aesthetically pleasing, the skylights adorning the freshly tiled hallways of the new wing of 121st General Hospital are equipped with the latest in safety equipment and terrorism countermeasures.

Continued from page 9

In the footsteps of the new multipurpose theater and the overpass connecting north and south post, the renewal project for 121st General Hospital in Yongsan Army Garrison is a step toward a better life for service mem-

bers and their families in Korea.

The new hospital is still in the initial phase of a three part renewal project. Even though the first phase isn't scheduled to be finished until May 2005, much of the new improvements are already finished and in effect.

"My general impression listening to the patients as they come through the clinic is that they feel like they're being seen in a full-service clinic as they would back in the states," said Maj. P. Andreas Lindenberg, department head.

However, building new facilities within the most urban Army facility isn't without its challenges. While working with the space constraints, the hospital planners had to renew the hospital in phases while still performing the same mission.

"Space is the big issue," said Capt. Lauri Duesler, an occupational therapist at the hospital. "We were working in a small environment, and now we have three times the space. We don't have to work on top of one another to provide healthcare."

A new expanded waiting and reception areas, a command suite, a behavioral health clinic, an information desk, American Red Cross and patient representative offices, ambulatory and pediatric care clinics, an immunization clinic and an occupational therapy and logistics center are parts of the first phase that are already complete. An intensive care unit, new operating rooms, a dining facility, a chapel, a patient administration area and a central material supply area are still being finished.

"It's a clean new atmosphere," said Duesler, "It's pleasing for us to work in, and for the patients when they walk in here for healthcare. It gives them a sense that there is quality healthcare that is being presented in a facility that is up to date."

While completion of the renewal is an ongoing project, hospital staff are looking forward to serving Soldiers on Peninsula with more advanced medical services. Still to come is a computed Tomography suite that will be constructed within the Radiology Department. Tomography is a process of using a

special X-ray to obtain cross-sectional pictures of the body. Also, digital X-ray upgrades will allow healthcare providers to view enhanced resolution clinical images from their exam rooms and offices.

“The colors are a lot better than before, with all of the red and crème colors,” said Pfc. Ebonie Rouser, a 18th Medical Command forward surgical team emergency room technician. “It’s a lot more eye catching. You walk in and it’s so bright.”

Some of the renewal’s major advances aren’t in place yet, but one thing that is already in place is added space for patients.

“You don’t see us being overrun by patients as much because we have separations in the clinic,” said Spc. Mosely, an ACC medic. Most patients can wait on the outside and relax until they’re called back by the doctor to be seen. There, they can watch TV and there are more chairs, so they don’t get frustrated as quickly. That makes all of our lives easier.”



The open-air asian garden is ideal for hosting ceremonies for 18th Medical Command Soldiers, or during Korea’s mild spring and fall, taking a break.



Waiting areas in the new wing of 121st Hospital are more comfortable thanks to pleasant lighting and decoration.



Pfc. Michael Noggle

Soldiers from the 377th Medical Company, perform Drown Proof “Dunker” training or under water escaping procedures from a downed helicopter in the Over Water Survival Training Center at Camp Humphreys Jan. 12. These Soldiers were training for a possible deployment to Indonesia to aid medical relief missions there.

Overwater Survival Training Center saves lives, prepares Soldiers for emergencies

By Roger Edwards
Area III Public Affairs

According to CW4 Robert Reynolds, 6th Cavalry Brigade safety officer, the goal at Humphreys’ Overwater Survival Training Center is to “drown-proof” every Army aircrew member – and “as many others as we can.”

Better known as the “Dunker,” the Overwater Survival Training Center is designed to teach Soldiers how to escape from a helicopter that has crash-landed in water.

Helicopters turn turtle in water. The weight of the engine, transmission and the rest of the drivetrain is at the top. They turn upside down

and sink. The center teaches aircrew how to react, how not to panic and how to get out alive.

The current center has grown from a modest beginning in 1998. Then 6th Cavalry Brigade Commander, Col. Edward Sinclair, initiated the program. Today the center has the ability to train 2,400 to 2,800 students a year at an annual cost to the 6th Cavalry of more than \$50,000.

“When we started we were improvising equipment by attaching PVC pipe to chairs,” said Reynolds. “We worked out a deal with the base to let us have use of an old, unused swimming pool, cleaned it up and started from there. Over the years, we’ve built a



Pfc. Michael Noggle

Soldiers from 377th Medical Co. wait for their turn in the “Dunker”.

building around the pool and we've acquired professionally produced equipment that will allow us to simulate a number of different helicopter configurations. Now we're training aircrews from throughout Korea and as far away as Hawaii."

The Humphreys training facility is one of two in the Army and the only "Green Suit" operation. The training facility at Fort Rucker, Ala., is a contract facility, run by "Survival Systems," the same people who manufacture the equipment used in the Dunker.

"We lease 'Survival Systems' equipment," said Reynolds, "but we're way more flexible than they are in Alabama. They're very structured in what they do – and they have to be. But we can offer a wider array of training opportunities.

"We can train in 'drown-proofing,' search-and-rescue and escape under adverse conditions



Pic. Michael Noggle

(Above) Individuals were required to get in a single seated dunker and expected to unstrap themselves from the chair. (Below) The group takes a break during what would be a long day of training and work.

such as a blackout simulating a nighttime crash. And we can rapidly switch from one scenario to another according to need."

All the trainers at the Humphreys facility are volunteers.

"I send about 30 Soldiers a year to dive training so that I'll have people to work with aircrew trainees," said Reynolds. "Volunteers get their dive certification and we get people who volunteer their off-duty time to work for us. It's a good deal all around."

The facility is being expanded. What started as an unused 25-meter pool now is a modern facility that, when the expansion is complete, will have equipment storage, male and female locker rooms, classroom space, office space and a boat garage.

"The important thing to remember though," said Reynolds, "is that what we do here saves lives."



Pic. Michael Noggle

Rough weather great for bridging exercise

by Pfc. Giancarlo Casem

2nd Infantry Division Public Affairs

Second Infantry Division Soldiers worked relentlessly in the cold and damp conditions with Republic of Korea Soldiers to bridge the Han River, Jan. 29.

The 50th Multi-role Bridge Company “Pirates” trained with the ROK Army not only to accomplish a vital training mission, but also continue to build the Korean/American alliance.

“We have coalition training between 50th MRB and 312th ROK Engineer battalion,” said Capt. David Stewart, 50th MRB company commander. “The plan was to execute bridging operations on the Han River in conjunction with airlift operations with CH-47 assets.”

As the old saying goes, most things are easier said than done. This mission was no exception.

“The weather did cancel these airlift operations, but we have practiced and are trained to be very flexible,” Stewart said. “We changed our mission to launching our rafts and bays from the shore.”

The adverse weather conditions was an example of a the real-world situation that could



Pfc. Giancarlo Casem

Despite hazardous conditions, the Soldiers finished without injury.

alter the mission.

“It’s just another way we need to practice and be flexible,” Stewart said. “The mission could change anytime and you never know what the conditions are going to be.”

The 50th MRB take as much as they can to go out into the field, said Pvt. Justin Harris, 50th MRB Co.

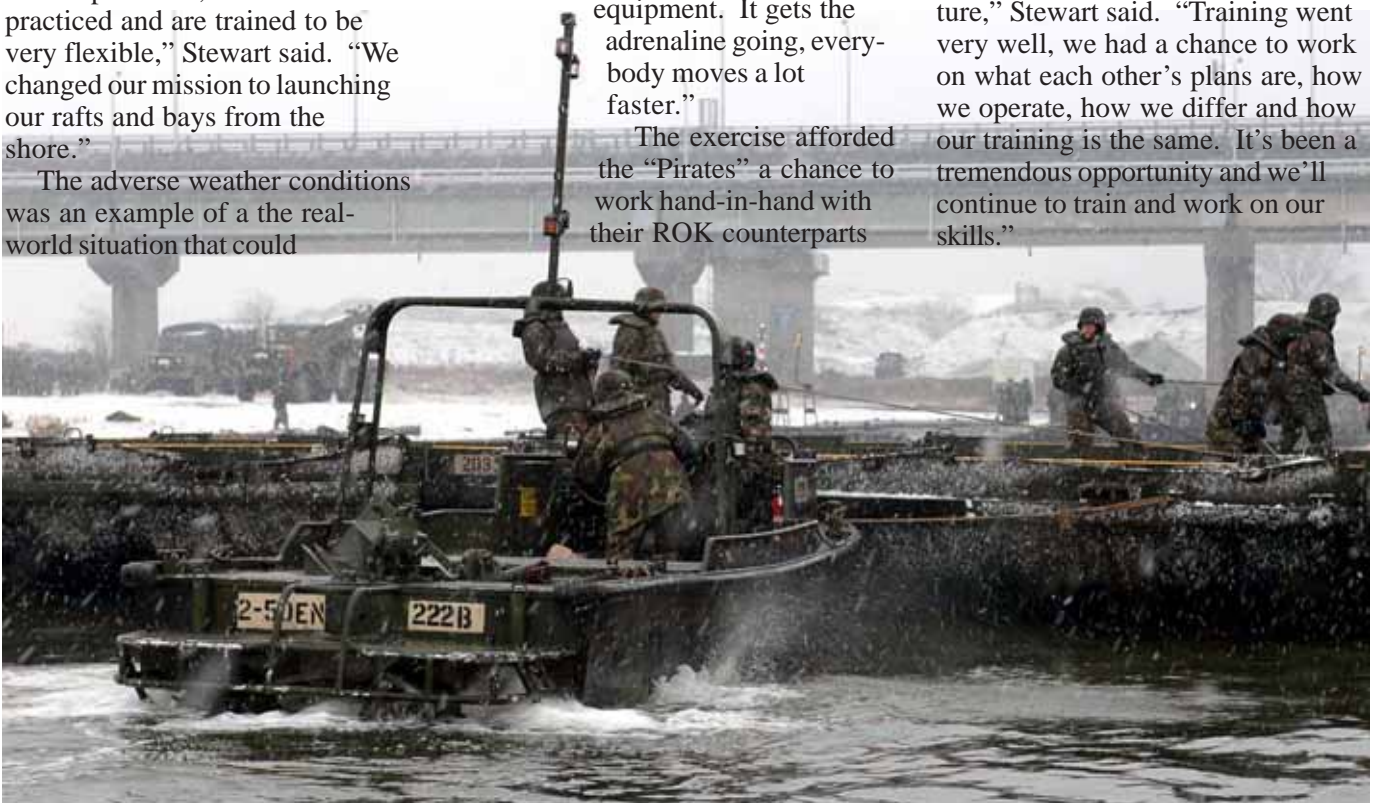
“We can’t really train on-post,” he said. “The only thing we can do in the rear is take care of our equipment. It gets the adrenaline going, everybody moves a lot faster.”

The exercise afforded the “Pirates” a chance to work hand-in-hand with their ROK counterparts

from the 312th Eng. Bn.

“Working with the ROK Soldiers is excellent training,” Stewart said. “It is some of the best training we do and it’s a great opportunity for the U.S. Soldiers to learn from the ROK Soldiers. So, that in the event of war, we’re prepared to work together.”

“We both need to know how the other works, and it also gives us a chance to learn each other’s culture,” Stewart said. “Training went very well, we had a chance to work on what each other’s plans are, how we operate, how we differ and how our training is the same. It’s been a tremendous opportunity and we’ll continue to train and work on our skills.”



Pfc. Giancarlo Casem

A 50th MRB boat crew pushes bridge pieces into position in the Han River during a training exercise.

Mental health essential for part of well-being

Pfc. JeNell Mattair

2nd Infantry Division Public Affairs

For the majority of people life is a daily practice of making a living, raising a family, working out small problems, paying bills and taking care of physical needs.

Life is usually positive, active and gratifying. But, sometimes anxiety and strains change attitudes, behaviors and coping abilities.

Good mental health refers to an individual's thoughts, feelings and actions when faced with challenges and stresses, said Spc. Daniel Windham, mental health specialist, 302nd Brigade Support Battalion.

"The relative state of emotional well-being, freedom from incapacitating conflicts, and the consistent ability to make and carry out rational decisions and cope with environmental stresses and internal pressures defines good mental health," said Capt. Gary Sinclair, head of division mental health, 18th Medical Command.

Good mental health plays an important role in daily life, he said. It influences interaction with others, outlook on life, coping with stress and attitude.

According to the Surgeon General's report an individual with good mental health will display several common characteristics. A sense of well-being and contentment, the ability to enjoy life and self confidence top the list.

"Self esteem is important in good mental health," Sinclair said. "An individual's sense of personal worth that is derived from inner thoughts and not dependant on what others think," he said.

However, if emotional burdens become overwhelming, help is available.

"Mental health services are always available for Soldiers," Sinclair said. "The Division Mental Health Clinic works by appointment. A Soldier need only call the clinic and make an appointment. If it is an emergency, the Soldier is seen

immediately."

Be aware of the feelings and behaviors that suggest help is needed.

Feelings of sadness, emptiness worthlessness or visible tearfulness are some major symptoms of depression, Sinclair said. A diminished interest or pleasure in most activities a person used to enjoy, significant weight loss or gain in a short amount of time, odd sleep disturbance, fatigue or loss of energy and a diminished ability to concentrate on tasks or make decisions can be signs an individual is depressed.

Recurrent thoughts of death and suicide and even suicide attempts are the more severe symptoms of poor mental health, Sinclair said.

"These characteristics in some people can be mild, intermittent and go undetected by observers," said Sinclair. "For others the traits can be more severe, constant and debilitating."

If a Soldier feels depressed, especially for a prolonged period, he should seek help, Sinclair said.

"There are many reasons why a person may feel depressed," he said. "It could be do to a failed relationship, the death of a loved one, passed over for promotion or being lonely. A certain amount of depression related to a life occurrence is normal, but if the characteristics are prolonged and cause significant distress or impairment in social, occupational or other areas of function, it is time to seek professional assistance."

It is important to identify the reason for the depression, Sinclair said. Sometimes a person can be predisposed to depression or other mental health related illness. It is best to be assessed by a mental health professional to help determine if the problem is short term and directly related to a recent event or if the problem is more severe.

"There continues to be a stigma

related to seeking assistance for mental health related challenges," he said. "This is slowly changing, but continues to be a barrier. Some people think it is a sign of weakness to ask for assistance for problems related to mental health. However, mental challenges are no different than physical challenges and sometimes we are not able to resolve them without assistance."

Soldiers should not be worried about what peers think, Windham said. Every Soldier has a right to privacy and everything is confidential.

"A person needs to determine what is most important," Sinclair said. "It can take a lot of courage to ask for help but the longer it is delayed, the more severe the problem may become."

When the characteristics are prolonged, they cause significant distress or impairment in social, occupational or other areas of function. When these symptoms are detected, it is time to seek professional assistance, Sinclair said. However, if the problem is mild and a specific reason can be identified for the emotional change, a Soldier may attempt to regain and maintain good mental health on his own.

"Approach any type of situation with a calm and positive attitude," said Sinclair. "Many times individuals allow themselves to become overwhelmed with a problem and are not able to look beyond the situation. Often times, a problem is not nearly as bad if you focus on solutions rather than dwell on the negative. Practice finding the positive side to every situation.

"Taking time for yourself is vital," he said. "We all need personal quality time. This can be meditation, exercising, reading, writing or a favorite hobby."

If a Soldier does want to seek help for a mental health issue he should begin with his chain of command, Sinclair said. If there is fear of no support then he can call and make an appointment with mental health services or visit with a chaplain.

Sokcho...

Sorak Mountain
National Park

Korea's *hot spot* for cold days

Story and photos
by Pfc. Michael Noggle
Staff Writer

In the northeast corner of the Republic of Korea lies one of the most peaceful yet hottest places to visit in the winter.

Over the mountains and through the woods, lies Sokcho, featuring one of the most recommended indoor aquatic centers and hot springs on peninsula.

Though well-known for its crowded beaches during the

summer, many tourists flock to Sokcho in the winter to hike in the Sorak Mountains, visit the Sorak Waterpia (a mutli-purpose hot springs theme park) or enjoy fresh sushi straight from the harbor.

Mount Sorak has one of the longest mountain range on the Peninsula that stretches across four cities. A one-time battle ground during the Korean War, many memorials can be found throughout the mountains honoring Soldiers who fought a lengthy yet crucial fight for positioning. Buddhist Temples and waterfalls can be found dotting the landscape as well.

During the month of January, the people of Sokcho sponsor their annual Sorak Snow Flake Festival in the National Park. Adults and children are entertained with shows, ice sculptures and contests to kick off the new year.

If the outdoor adventure is too cold for you, than the Sorak Waterpia will keep you warm and entertain all day. Sorak Waterpia is the first recreational hot spring facility in Korea and is located at the

Hanwha Resort. Families and couples spend hours in the indoor wave pool, outdoor heated pools and hot springs. The water is mixed with alkaline (calcium, magnesium, etc.) ingredients, which is effective in relieving stress and arthritis.

In the evening, sashimi and sushi

Sorak Waterpia couples' hot springs

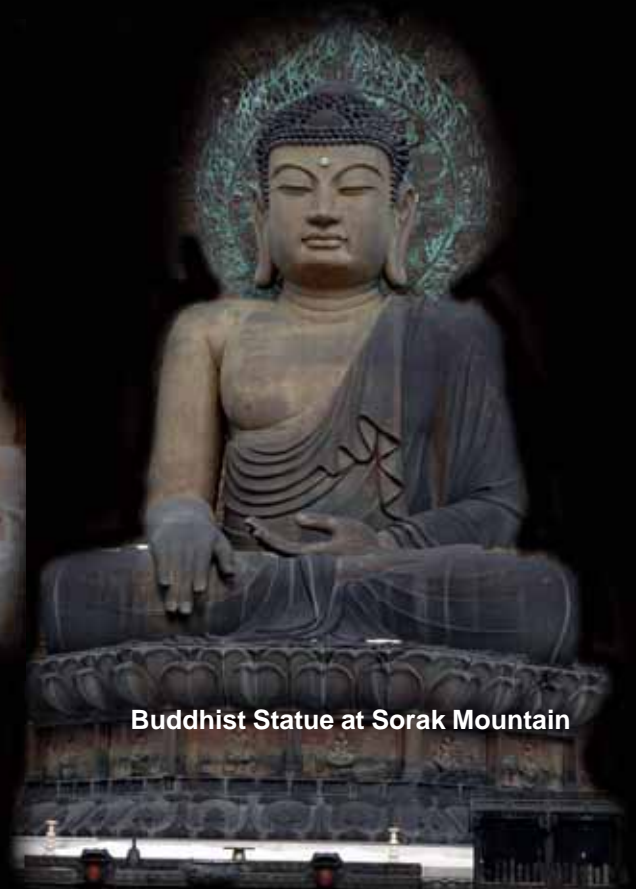


Sorak Waterpia outdoor hot pool





Sashimi



Buddhist Statue at Sorak Mountain

restaurants along the ocean coastline are brimming with Korean gourmet. Usually the meals are fit for more than four people and the prices are decent. The food is fresh from the harbor, so it can be expected that the fish or sushi hasn't been waiting to be eaten for days.

Hotels can be found anywhere, since the area is full to capacity during the summer and festival seasons. If you travel by bus, the station is surrounded by hotels that are within walking distance.

Tourist sites and prices

The best way to reach Sokcho is using Seoul Express Bus Terminal. For \$25 the bus is a two-stop trip usually three and a half hours to Sokcho.

Sorak Waterpia- Individual prices for Adults is \$32 while children under 16 pay \$24. To reach this destination take the number three downtown bus and get off at Hanwha Resort or a taxi ride takes 15 minutes.

Sorak National-Individual entry fee is \$3 and to reach the park is best with a taxi from the Sokcho bus station taking 20 minutes.

Hotels- Can be found across the street from the Sokcho Bus Terminal and generally priced anywhere from \$50 to \$120.

Food- A complete sushi or sashimi meal will feed four people for \$60.



Sokcho City and Beach

A Chaplain's Assistance

By Spc. Daniel Love
Editor

When it comes to the health of Soldiers, the Chaplains are charged with a unique task. The Chaplain's duty is to ensure the spiritual health and well-being of the Soldiers in the unit he serves in.

The mission of the Area II Chaplain's Office is four-fold:

1. Promote family wellness by providing pastorally-oriented family enrichment programs.
2. Provide pastorally-oriented Family Life programs that focus on the preventive aspect of family wellness.
3. Provide specific interventions to assist Army families copy with stresses of military and family life through pastoral care and counseling.
4. Provide training in Family

Life ministry.

Some of the activities offered at the Center include: marriage enrichment workshops, parenting workshops, family wellness workshops, a support group to support stressed family members, and workshops aimed at the reduction of stress and enhancement of personal growth and well-being.

"The Chaplaincy provides spiritual leadership to soldiers on at least three levels: serving the nation, serving those around them, and serving God," said Chaplain (Maj. Gen.) Gaylorn T. Gunhus, chief of chaplains (retired). "Every unit and every family relies on the trustworthiness of soldiers to be reliable in times of challenge or stress. We equip soldiers to be strong and ready in serving those who rely on them."

Places of Worship

South Post Chapel (738-6054/3058)

121st Hospital Chapel (737-5000/4335)

Memorial Chapel (725-8182/4076)

Hannam Village Chapel and Annex Building 6105 (723-3583/3762)

ROCK (Relying on Christ in Korea service multiplex (723-5951)

Camp Colburn Chapel (722-4060/4442)

K-16 Chapel (741-6687/8)

Self Care: Over the counter medication

How does it work?

1. Eligible beneficiaries (Active duty, retirees, or their dependent family members) go to the MTF pharmacy and request self-care.
2. The pharmacist assesses the patient based upon symptoms, allergies, and medication profile review.
3. The pharmacist will give the patient over the counter medication(s) or refer the patient to a health care provider if the pharmacist feels a more complete evaluation is needed.
4. The pharmacist will provide any necessary medication counseling to the patient.

Use is limited to once a month

Use of the program is limited to one time per month per indication or symptom. Patients will be referred to the appropriate provider/clinic if attempting to obtain the same medication(s) for the same indication within a one month period. The pharmacist will refer patients who inappropriately use this program to the MTF commander.

Can you pick up medications for family members?

Adult family members may pick up over the counter medications for eligible child and adult family members provided that the pharmacist can ascertain the appropriateness for self-care therapy based on patient medical history.

Where is the service offered?

121 General Hospital
Yongsan Health Clinic
Camp Casey
Camp Humphreys
Camp Walker

General information:

All eligible patients over two years of age can utilize the self-care over the counter medication program. Pay patients may use the service for informational purposes on any day, but may only receive medications under the program upon producing a paid receipt for that calendar day.

The over the counter medication program is intended solely for the use of eligible patients and unauthorized transfer may result in loss of program privileges.

The over the counter medication list is composed of over the counter medications that are on the 18th Medical Command formulary. Unless pursuant to a prescription from a physician, a nurse practitioner, or physician assistant, over the counter Medications are dispensed only in their U.S. FDA approved, tamper-resistant packaging.

For more information, call DSN: 737-7984

Final Frame

Pfc. Kyle Mahaffey and 67 other military policemen from 552nd MP Company, 728th MP Battalion arrived at Osan Air Base Feb. 1 after completing their more than 100-day deployment to Iraq. Photo by Pfc. Michael Noggle

